

Every year, diet experts suggest they have found the real reason you struggle to improve your health. But the problem isn't a single food, macronutrient, or toxin; it's the complicated, expensive, and impractical diets themselves. Diets don't work because they are designed to be short-term and not suited for real life. It's a game you can't win.

It's time to embrace a refreshing approach that helps you stress less and lets you enjoy food (including takeout!) without the guilt. Instead of worrying about every gram of sugar you eat or wondering how many times you need to eat per day, research suggests the real secret is having a plan that is hard to screw up.

Adam Bornstein is a bestselling author and a consultant for major athletes and celebrities. He's one of the most trusted voices in health because of his ability to get results without gimmicks, supplements, or suffering. In this easy-to-follow book, Bornstein shows how upgrading your health and losing weight for good requires you to turn your back on the typical dieting culture by following successful habits and frameworks not typically seen in nutrition and fitness.

*You Can't Screw This Up* will help you finally understand why most diets have made us less healthy over the last fifty years, and how a new mindset and five simple tools can transform your life. Once you embrace the idea that no foods are completely off limits, you can make the healthy lifestyle changes you've been chasing. Bornstein gives us the nonjudgmental support you need to live your healthiest life in ways that are doable, realistic, and respectful of our stressful, overbooked lives.

**ADAM BORNSTEIN** is a *New York Times* bestselling author and an award-winning writer and editor. He is the founder of Born Fitness and Pen Name Consulting. Previously, he was the chief nutrition officer at Ladder, fitness and nutrition editor for *Men's Health*, editorial director at LIVESTRONG.com, and a columnist for *Entrepreneur*, *Shape*, *Men's Fitness*, and *Muscle & Fitness*. He's authored or coauthored six books, and ghostwritten three other bestselling advice books. Bornstein is a nutrition advisor for many entrepreneurs, celebs, and athletes, including LeBron James, Cindy Crawford, and Arnold Schwarzenegger. He lives in Denver with his wife and two sons.

READ BY GARY TIEDEMANN

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Running Time: Approx. 7 Hours • Unabridged

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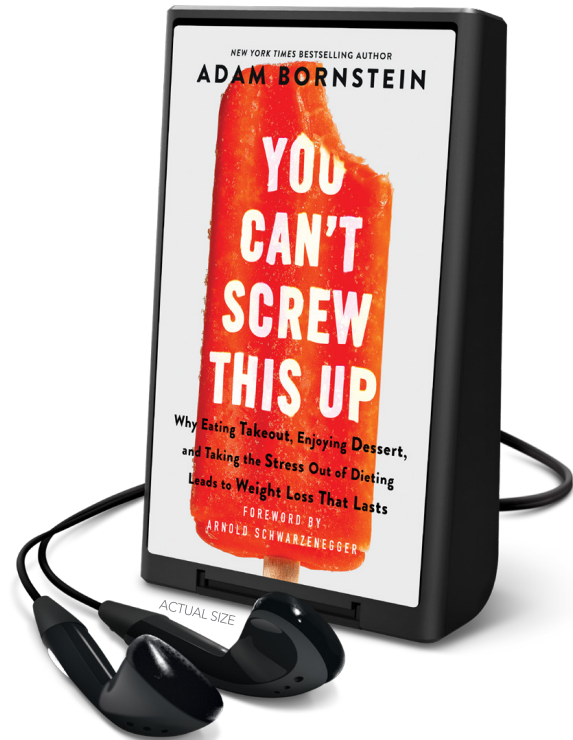
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